

Safe and Drug Free Schools

Effective Programs

This list contains information on effective programs appropriate for use with Title IV funds. All the programs included in this list have research bases showing their effectiveness in reducing at-risk behaviors of students including violence and the use of drugs, alcohol, and tobacco. This list is not meant to be all-inclusive since new programs are constantly being developed. Additionally, many programs that have been in existence for several years are now involved in research to prove their effectiveness.

Information on the various programs includes a designation of “Universal, Targeted, or Intensive.” This reflects a three-tiered model of behavioral support with 1) Universal programs serving all students, 2) Targeted programs serving small groups or individuals with chronic behavior problems and, 3) Intensive programs serving small numbers of students with the most severe behavior problems. This information will help guide decisions about which programs are most appropriate for schools and the types and numbers of students to be served.

Program costs and ordering information were confirmed at the time this list was created, but are subject to change. Persons interested in purchasing any of the following programs are encouraged to check cost and ordering information to make sure the information is correct.

Elementary Programs

Child Development Project

***Universal Strategy**

The Child Development Project (CDP) is a schoolwide improvement program that helps elementary schools become “caring communities of learners” for students (5 to 12 years old). CDP significantly reduces children’s early use of alcohol and marijuana and their involvement in violence-related behavior. The program has recently been revised to become more affordable to implement, and more effective at boosting literacy skills.

Contact Information:

Developmental Studies Center
2000 Embarcadero, Suite 305
Oakland, CA 94606-5300
Phone: 1-800-666-7270, ext. 239

Fax: 1-510-464-3670
Email: info@devstu.org
Web site: www.devstu.org

Cost:

First Step to Success

***Universal Strategy**

This program is an early intervention program for at-risk kindergartners who show early signs of antisocial behavior patterns (aggression, oppositional-defiant, severe tantrums, victimizes others). This program consists of three modules: proactive, universal screening of all kindergartners; school intervention involving the teacher, peers, and target child; and parent/caregiver training for positive adult support of the child's school adjustment.

Contact Information:

Sopris West
4093 Specialty Place
Longmont, CO 80504
Phone: 303-651-2829
Fax: 888-819-7767
Website: www.sopriswest.com
Email: customerservice@sopriswest.com

Cost:

Starter Kit: \$145
Preschool Kit: \$125
Parent Kit: \$40

I Can Problem Solve

***Universal Strategy**

I Can Problem Solve (ICPS) is a violence prevention program where children think of non-violent ways to solve everyday problems. It has been very effective in helping children learn to resolve interpersonal problems and prevent antisocial behaviors. ICPS is a cognitive approach that teaches how to think, not what to think. Students learn that behavior has causes, that people have feelings, and there is more than one-way to solve a problem. ICPS is available in separate volumes for different developmental levels: preschool, kindergarten and primary grades, and intermediate elementary grades. The program can be incorporated into the classroom or adapted for use by counselors.

Contact Information:

Research Press

Dept 22W, P O Box 9177
Champaign, IL 61826
Phone: 800-519-2707
Fax: 217-352-1221
Website: www.researchpress.com
Email: rp@researchpress.com

Cost:

Grade Level Manuals: \$40/each
Training: \$1,000 plus travel

Promoting Alternative Thinking Strategies (PATHS)

***Universal Strategy**

The PATHS curriculum is a program for promoting emotional and social competencies and reducing aggression and behavior problems in students, K-6. PATHS is taught three times per week for a minimum of 20-30 minutes per day. It provides teachers with lessons for teaching their students emotional literacy, self-control, social skills, and interpersonal problem-solving skills. Teachers receive training in a two-to-three day workshop and in bi-weekly meeting with a curriculum consultant.

Contact Information:

Channing Bete Company
One Community Place
South Deerfield, MA 01373-0200
Phone: 800-477-4776
Website: www.channing-bete.com

Cost: The complete curriculum costs \$640.00

Protecting You/Protecting Me

***Universal Strategy**

Protecting You/Protecting Me is an alcohol prevention program targeting children in grades 1 through 5 in elementary school. The program is infused into a school's core curriculum and taught by trained teachers, counselors and others. PY/PM employs strategies to involve parents, which are designed to strengthen positive family management by enhancing parents' knowledge of children's development, and the risks of riding with unsafe drivers. This program was originally funded, and developed, by MADD (Mothers Against Drunk Driving).

Contact Information:

Elementary Programs

Mothers Against Drunk Driving
611 South Congress Avenue, Suite 210
Austin, TX 78704
Phone: 512-693-9422
Fax: 512-693-9435
Email: kappie@kbliss.com
Web site: www.madd.org

Students Managing Anger & Resolution Together (SMART Team)
*** Universal Strategy**

SMART Team is a multimedia, computer-based violence prevention intervention that uses games, simulations, graphics, and interactive interviews to engage young adolescents in learning new skills to resolve conflicts without violence. Eight modules cover anger management, dispute resolution, perspective taking, and mediation.

Contact Information:

Learning Multi-Systems
320 Holtzman Road
Madison, WI 53713
Phone: 800-362-7323; 608-273-8060
Fax: 608-273-8065
Website: www.lmssite.com

Cost:

Software Costs (CDs for MacIntosh Only):
Single User: \$195
Multi User: \$395
Network: \$ 595

Center on Addiction and Substance Abuse – Striving Together to Achieve Rewarding Tomorrows (CASASTART)

This program is a community-based, school-centered one designed to keep high-risk 8- to 13-year-olds free of drug and crime involvement through preventative services and law enforcement activities.

Every CASASTART child and family receives the following service components over a two-year period: 1) social support, 2) family services, 3) education services, 4) after-

school and summer activities, 5) mentoring, 6) incentives, 7) community policing/enhanced enforcement, and 8) juvenile justice intervention. Participants receive all of the above services through individually tailored plans of service.

Contact Information:

National Center on Addiction and Substance Abuse at Columbia University
633 Third Ave.
New York, NY 10017-6706
Phone: 212-841-5200
Fax: 212-956-8020
Website: www.casacolumbia.org

Cost:

“How-to” Manual: \$50.00

DARE To Be You (DTBY)

***Universal Strategy**

DTBY is a multilevel, primary prevention program for children two to five years old and their families. It significantly lowers the risk of future substance abuse and other high-risk activities by improving parent and child protective factors in the areas of communication, problem solving, self-esteem, and family skills.

Contact Information:

Colorado State University
Cooperative Extension
215 N. Linden, Suite E
Cortez, CO 81321
Phone: (970) 565-3606
Fax: (970) 565-4641
E-mail: darecort@coop.ext.colostate.edu
Website: www.coopext.colostate.edu/DTBY

Cost:

Training (3 days, including materials) for up to 40 participants is \$3,000
Leader Manual: \$46/each
K-12 Curriculum: \$150
Parent and pre-school Training Set: \$60

Project ACHIEVE

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

This program is an innovative school effectiveness program developed for use in preschool, elementary, and middle schools (students 3 to 14 years old). Project ACHIEVE works to improve school and staff effectiveness, and places emphasis on increasing student performance in the areas of 1) social skills, 2) conflict resolution, 3) student achievement, and 4) school climate. This program focuses on the needs of all students with particular emphasis on at-risk and underachieving students.

Contact Information:

Sopris West
4093 Specialty Place
Longmont, CO 80504
Phone: 303-651-2829
Fax: 888-819-7767
Website: www.sopriswest.com
Email: customerservice@sopriswest.com

Cost: Total costs per student; based on a 750-student school, average \$167 per student for start-up, and \$100 per student per year during the program's operation.

Project Northland

***Universal Strategy**

This program is a multilevel, multiyear project proven to delay the age at which young people begin drinking, reduce alcohol use among those already drinking, and limit the number of alcohol-related problems of young drinkers. This program is designed for adolescents, 10-14 years old. Program components include 1) parent involvement and education programs, 2) behavioral curricula, 3) peer participation, and 4) community activities.

Contact Information:

Hazelden Educational Services
15251 Pleasant Valley Road
PO Box 11, CO3
Center City, MN 55012-0011
Phone 800-257-7810
Fax: 651-213-4577
Website: www.hazelden.org
Email: info@hazelden.org

Cost:

- Sixth grade teacher's manual costs \$50; each student activity book is \$6
- Seventh grade teacher's manual costs \$125; student activity books are \$30, plus \$10 for an alternative program guide

- Eighth grade teacher's manual cost \$100, which includes audiotapes, transparencies, and masters of all student materials

Second Step

***Universal Strategy**

Second Step is a school-based social skills curriculum for preschool through middle school that teaches students to change the attitudes and behaviors that contribute to violence. This program teaches three skill units at each grade level, 1) empathy, 2) impulse control, and 3) anger management. The program goals are to reduce aggression and promote social competence of children from preschool through grade 9.

Contact Information:

Committee for Children
568 First Avenue South
Seattle, WA 98104-2804
Phone 800-634-4449
Fax: 206-438-6765
Website: www.cfchildren.org

Cost: From \$249 to \$295, depending on the kit

The Strengthening Families Program (SFP)

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

This program involves elementary school children (6 to 12 years old) and their families in family skills training sessions. SFP uses different approaches to increase resilience and reduce risk factors for behavioral, emotional, academic, and social problems. It builds on protective factors by 1) improving family relationships, 2) improving parenting skills, and 3) increasing the youth's social and life skills.

Contact Information:

Institute for Social and Behavioral Research
Iowa State University
2625 N. Loop, Suite 500
Ames, IA 50010
Phone: 515-294-5247
Fax: 515-294-3613
Website: www.extension.iastate.edu/sfp or www.strengtheningfamilies.org

Cost: Individual training manuals are \$25
Three-day training (for up to 16 participants): \$2,000

Across Ages

***Universal Strategy**

This program is a school-and community-based drug prevention program for youth 9 – 13 years, that seeks to strengthen the bonds between adults and youth and provide opportunities for positive community involvement. The unique feature of this program is the pairing of older adult mentors with young adolescents, specifically youth making the transition to middle school. Across Ages employs mentoring, service learning, social skills and family activities to build personal responsibility.

Contact Information:

Temple University
Center for Intergenerational Learning
1601 N. Broad St., USB 206
Philadelphia, PA 19122
Phone: 215-204-6970
Fax: 215-204-6733
Website: www.temple.edu/cil/Acrossageshome.htm
Email: aleerman@astro.temple.edu

Cost:
\$75.00 for Training Manual

Brief Strategic Family Therapy (BSFT)

***Intensive Strategy**

This program is an effective, problem-focused, and practical approach to the elimination of substance abuse risk factors. It successfully reduces problem behaviors in children and adolescents, 6 to 17 years, and strengthens their families.

The program rosters parental leadership, appropriate parental involvement, mutual support among parenting figures, family communication, rules and consequences, and shared responsibility for family problems.

Contact Information:

University of Miami
Center for Family Studies
1425 N.W. 10th Avenue
Miami, FL 33136
Phone: 305-243-4592
Fax: 305-243-5577

Website: www.cfs.med.miami.edu

Cost:

Training is \$2,000 per day, plus expenses for up to 30 participants
BSFT manual to be published by NIDA in spring, 2002

Early Risers Skills for Success

***Intensive Strategy**

This program targets elementary school children (6 to 10 years old) who are at high risk for early development of conduct problems, including substance use. Early Risers is based on the premise that early, comprehensive, and sustained intervention is necessary to target multiple risk and protective factors. This program includes the following interventions:

- Social skills training and strategic peer involvement
- Reading and math instruction and enrichment activities
- Parent education and skills training
- Family support, consultation, and brief interventions to cope with stress
- Proactive parent-school consultation
- Methods of dealing with aggressive, disruptive, and noncompliant behavior

Contact Information:

University of Minnesota
F256/2B West
2450 Riverside Ave.
Minneapolis, Minnesota 55454-1495
Phone: 612-273-9711
Fax: 612-273-9779
Email: augus001@tc.umn.edu (Gerald J. August, Ph.D.)
Realm001@umn.edu (George Realmuto, M.D.)

Cost:

Program costs \$1,500 to \$3,200 per year, per child

Families and Schools Together (FAST)

***Universal Strategy**

***Targeted Strategy**

This program is a collaborative parent and school partnership, early intervention multi-family program for pre-school, elementary and middle school youth, ages 4 through 13,

who are at risk for alcohol and other drug abuse, school failure, and juvenile delinquency. FAST builds protective factors on multiple levels around children identified by teachers as being at risk for failure in school. This program is an 8-week, multi-family group process structured to build social connections and reduce social isolation.

Contact Information:

Wisconsin Center for Education Research
University of Wisconsin- Madison
1025 W. Johnson St.
Madison, WI 53706
Phone: 608-263-4200
Fax: 608-263-6448
Website: www.wcer.wisc.edu/fast
Email: uw-wcer@education.wisc.edu

Cost:

Training for One School (6 days over 4 months) is \$3,900
Evaluation Cost (mandatory) is \$1,000
Implementation Costs are \$300 to \$2,000 per Family (varies due to local staff available)

Family Effectiveness Training (FET)

***Targeted Strategy**

***Intensive Strategy**

FET is a family-based program developed for and targeted to Hispanics. It is effective in reducing risk factors and increasing protective factors for adolescent substance abuse and related disruptive behaviors. FET, applied in the pre-adolescent years (6 to 12), targets three family factors that place children at risk as they make the transition to adolescence: 1) problems in family functioning, 2) parent-child conflicts, and 3) cultural conflicts between children and parents.

Contact Information:

José Szapocznik, Ph.D.
Spanish Family Guidance Center
Center for Family Studies
Department of Psychiatry & Behavioral Sciences
University of Miami
1425 N.W. 10th Avenue
Miami, Florida 33136
Phone: 305-243-4592
Fax: 305-243-5577
Email: Jsapocz@med.miami.edu
Web site: www.cfs.med.miami.edu

Cost:

Training, Materials, and Supervision is \$18,000

Incredible Years

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

The Incredible Years series features three comprehensive, developmentally based curricula for parents, teachers, and children. The program is designed to promote emotional and social competence and to prevent or reduce behavioral and emotional problems in young children (2 to 8 years old).

Incredible Years addresses multiple risk factors related to the development of conduct disorders in children in both school and home. In all three training programs, trained facilitators use videotaped scenes to structure the content and stimulate group discussion and problem solving.

Contact Information:

Carolyn Webster-Stratton, Ph.D.

1411 8th Avenue West

Seattle, WA 98119

Phone: 888-506-3562

Fax: 206-285-7565

Website: www.incredibleyears.com

Email: incredibleyears@seanet.com

Cost:

Basic Parent Training (4 programs): \$1,300

School Age – Parent Training: \$2,695

Classroom Management: \$975

(For complete price information, go to Incredible Years Website)

Keep A Clear Mind (KACM)

***Universal Strategy**

This is a take-home drug education program for upper elementary school students (8 to 12 years old) and their parents. The take-home material consists of 4 weekly sets of activities to be completed by parents and their children together. The program also uses parent newsletters and incentives.

KACM lessons are based on a social skills training model and designed to help children develop specific skills to refuse and avoid the use of “gateway” drugs. This unique, early intervention program has been shown to reduce risk factors for later substance use.

Contact Information:

University of Arkansas
Health Education Project
HP 326A
Fayetteville, AR 72701
Phone: 501-575-5639
Fax: 501-575-6401
Website: www.uark.edu/depts/hepoinfo/clear.html
Email: meyoung@comp.uark.edu

Cost:

No Training Costs
Student Lessons: \$3.95/per student

Olweus Bullying Prevention

***Universal Strategy**

***Targeted Strategy**

This is a multilevel, multi-component school-based program designed to prevent or reduce bullying in elementary and middle schools (students 6 to 15 years old). The program attempts to restructure the existing school environment to reduce opportunities for bullying. School staff is largely responsible for implementing the program. Their efforts are directed toward improving peer relations and making the school a safe and positive place for students to learn and develop.

Contact Information:

Institute on Family and Neighborhood Life
Clemson University
158 Poole Agricultural Center
Clemson, SC 29634
Phone: 864-656-6320
Fax: 864-656-6281
Website: www.samhsa.gov/centers/csap/modelprograms/
Email: limber@clemson.edu (contact: Susan P. Limber)

Cost:

\$200 per school for Assessment Tool
\$65 per teacher for Classroom Materials

Positive Action (PA)

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

This is an integrated, comprehensive program that has been shown to improve academic achievement and behaviors of children and adolescents (5 to 18 years old) in multiple domains. It is intensive, with lessons at each grade level (from Primary to 12th) that are reinforced all day, schoolwide, at home, and in the community. It includes school, family, and community components that work together or can stand-alone. PA improves school climate, attendance, achievement, discipline, and services for special-need and high-risk students. Positive Action improves student's:

- Individual self-concept
- Academic achievement and learning skills
- Problem solving, decision-making, and social skills
- Physical and mental health
- Behavior, character, and responsibility

Contact Information:

Positive Action, Inc.

264 4th Ave. South

Twin Falls, ID 83301

Phone: 208-733-1328, 800345-2974

Fax: 208-733-1590

Website: www.positiveaction.net

Cost:

Grade Level Kits: \$160 to \$460/each

Teacher Guide: \$45/each

Student Textbook: \$35/each

School Climate Kits: \$400/each

Family Kits: \$60/each

Community Kits: \$260/each

Preparing for the Drug Free Years

***Universal Strategy**

This is a multimedia program that gives parents of children in grades four through eight (8 to 13 years old) the knowledge and skills needed to guide their children through early adolescence. The goals of this program are:

- Strengthen and clarify family expectations for behavior
- Enhance the conditions that promote bonding in the family
- Teach skills to parents and children that allow children to resist drug use

Contact Information:

Channing L. Bete Company, Inc.
One Community Place
South Deerfield, MA 01373
Phone: 877-896-8532, or 800-477-4776
Fax: 800-499-6464
Website: www.channing-bete.com

Cost:

Complete packet of materials: \$695

Middle School Programs**Positive Adolescent Choices Training (PACT)**

The PACT program provides social skills training and a curriculum based on violence prevention. The curriculum is culturally sensitive to African-American youth, and videotaped training vignettes feature contemporary African-American youth. This program is typically used in the middle school setting.

Contact Information:

Research Press
Dept 22W, P O Box 9177
Champaign, IL 61826
Phone: 800-519-2707
Fax: 217-352-1221
Website: www.researchpress.com
Email: rp@researchpress.com

Cost:

Training Program (includes video and training manual): \$250

Life Skills Training (LST)***Universal Strategy**

The Life Skills Training program is a school-based tobacco, alcohol, and drug abuse prevention program for middle-school students, which teaches general personal and social skills in combination with drug-resistance skills. It has been shown to be effective with white, African-American, and Hispanic youth in both suburban and urban settings.

The program is designed to be taught in sequence over three years, and can be taught by teachers, peer leaders, or health professionals.

Contact Information:

Channing L. Bete Company, Inc.
One Community Place
South Deerfield, MA 01373
Phone: 877-896-8532, or 800-477-4776
Fax: 800-499-6464
Website: www.channing-bete.com

Cost: \$625 for the entire program

Students Managing Anger & Resolution Together (SMART Team)

*** Universal Strategy**

SMART Team is a multimedia, computer-based violence prevention intervention that uses games, simulations, graphics, and interactive interviews to engage young adolescents in learning new skills to resolve conflicts without violence. Eight modules cover anger management, dispute resolution, perspective-taking, and mediation.

Contact Information:

Learning Multi-Systems
320 Holtzman Road
Madison, WI 53713
Phone: 800-362-7323; 608-273-8060
Fax: 608-273-8065
Website: www.lmssite.com

Cost:

Software Costs (CDs for MacIntosh Only):
Single User: \$195
Multi User: \$395
Network: \$ 595

Center on Addiction and Substance Abuse – Striving Together to Achieve Rewarding Tomorrows (CASASTART)

***Targeted Strategy**

***Intensive Strategy**

This program is a community-based, school-centered one designed to keep high-risk 8- to 13-year-olds free of drug and crime involvement through preventative services and law enforcement activities.

Every CASASTART child and family receives the following service components over a two-year period: 1) social support, 2) family services, 3) education services, 4) after-school and summer activities, 5) mentoring, 6) incentives, 7) community policing/enhanced enforcement, and 8) juvenile justice intervention. Participants receive all of the above services through individually tailored plans of service.

Contact Information:

National Center on Addiction and Substance Abuse at Columbia University
633 Third Ave.
New York, NY 10017
Phone: 212-956-5200
Fax: 212-956-8020
Website: www.casacolumbia.org

Cost: “How-to” Manual: \$50.00

Midwestern Prevention Project
Students Taught Awareness and Resistance (Project STAR)

Project STAR is a community-based drug abuse intervention program that uses school, mass media, and parent education to prevent and reduce tobacco, alcohol, marijuana, and other drug use by adolescents. This program offers a series of classroom-based sessions for middle school students.

Review Information:

Center for the Study and Prevention of Violence
Blueprints for Violence Prevention
Website: www.colorado.edu/cspv/blueprints

Contact Information:

Mary Ann Pentz, Ph.D.
University of Southern California
1441 Eastlake Ave., MS-44
Los Angeles, CA 90089-9175
Phone: 323-865-0330
Fax: 323-865-0134
Email: pentz@hsc.usc.edu

Cost:

\$175,000 minimal cost over a three year period (includes costs of teacher, parent, and community leader training and curriculum materials for school-based program). Costs are based on up to 20 teachers trained in one group for the school program, 20 parent group members trained in one group for the parent program (about 3-4 principals, 4 student peer leader, 12 parents), and 1,000 participating middle school students. Costs increase beyond this minimum approximately as follows: \$4,000 per additional group trained on the same day or trip, \$100-\$125 per additional trainer manual, and \$7 per additional student workbook.

Project ACHIEVE

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

This program is an innovative school effectiveness program developed for use in preschool, elementary, and middle schools (students 3 to 14 years old). Project ACHIEVE works to improve school and staff effectiveness, and places emphasis on increasing student performance in the areas of 1) social skills, 2) conflict resolution, 3) student achievement, and 4) school climate. This program focuses on the needs of all students with particular emphasis on at-risk and underachieving students.

Contact Information:

Sopris West

4093 Specialty Place

Longmont, CO 80504

Phone: 303-651-2829

Fax: 888-819-7767

Website: www.sopriswest.com

Email: customerservice@sopriswest.com

Cost: Total costs per student; based on a 750-student school, average \$167 per student for start-up, and \$100 per student per year during the program's operation.

Project ALERT

***Universal Strategy**

This is a drug prevention curriculum for middle school students, which reduces both the onset and regular use of substances. The two-year, 14-lesson curriculum focuses on the substances that adolescents are most likely to use: alcohol, tobacco, marijuana, and inhalants. Guided classroom discussions and small group activities challenge student beliefs and perceptions, while role-playing activities help students with resistance skills.

Contact Information:

Project ALERT
725 S. Figueroa St., Suite 970
Los Angeles, CA 90017
Phone: 800-253-7810, 213-623-0580
Fax: 213-623-0585
Website: www.projectalert.best.org
Email: info@projectalert.best.org

Cost: \$125 per educator (includes training workshop and all curricular materials)
Universal, Targeted, or Intensive

Project Northland

***Universal Strategy**

This program is a multilevel, multiyear project proven to delay the age at which young people begin drinking, reduce alcohol use among those already drinking, and limit the number of alcohol-related problems of young drinkers. This program is designed for adolescents, 10-14 years old. Program components include 1) parent involvement and education programs, 2) behavioral curricula, 3) peer participation, and 4) community activities.

Contact Information:

Hazelden Educational Services
15251 Pleasant Valley Road
PO Box 11, CO3
Center City, MN 55012-0011
Phone 800-257-7810
Fax: 651-213-4577
Website: www.hazelden.org
Email: info@hazelden.org

Cost:

- Sixth grade teacher's manual costs \$50; each student activity book is \$6
- Seventh grade teacher's manual costs \$125; student activity books are \$30, plus \$10 for an alternative program guide
- Eighth grade teacher's manual cost \$100, which includes audiotapes, transparencies, and masters of all student materials

Project TNT (Toward No Tobacco Use)

***Universal Strategy**

This is a school-based prevention project designed to delay the initiation and reduce the use of tobacco by middle school children. This program is delivered by trained teachers in classroom settings and has been used with students ages 10- 15 years old.

The theory underlying Project TNT is that young people will be best able to resist using tobacco products if they become aware of misleading social information, develop skills that counteract social pressure to use tobacco, and learn about the physical consequences of using tobacco.

Contact Information:

ETR Associates
PO Box 1830
Santa Cruz, CA 95061-1830
Phone: 831-438-4060
Fax: 831-438-4284
Website: www.etr.org

Cost:

Teacher's Guide: \$45/each
Student Workbooks (set of 5): \$18.95

Second Step

***Universal Strategy**

Second Step is a school-based social skills curriculum for preschool through middle school that teaches students to change the attitudes and behaviors that contribute to violence. This program teaches three skill units at each grade level, 1) empathy, 2) impulse control, and 3) anger management. The program goals are to reduce aggression and promote social competence of children from preschool through grade 9.

Contact Information:

Committee for Children
568 First Avenue South
Seattle, WA 98104-2804
Phone 800-634-4449
Fax: 206-343-1445
Website: www.cfchildren.org

Cost: From \$249 to \$295, depending on the kit

Across Ages

***Universal Strategy**

This program is a school-and community-based drug prevention program for youth 9 – 13 years that seeks to strengthen the bonds between adults and youth and provide opportunities for positive community involvement. The unique feature of this program is the pairing of older adult mentors with young adolescents, specifically youth making the transition to middle school. Across Ages employs mentoring, service learning, social skills and family activities to build personal responsibility.

Contact Information:

Temple University
Center for Intergenerational Learning
1601 N. Broad St., USB 206
Philadelphia, PA 19122
Phone: 215-204-6970
Fax: 215-204-6733
Website: www.temple.edu/cil/Acrossageshome.htm
Email: aleerman.astro.temple.edu

Cost: \$75.00 for Training Manual

All Stars

***Universal Strategy**

***Selective Strategy**

This program is designed to delay and/or prevent high-risk behaviors in middle school-age adolescents (11 to 14 years), including substance use, violence, and premature sexual activity, by fostering development of positive personal characteristics. A highly interactive program, All Stars involves 9 to 13 lessons during its first year, and 7 to 9 booster lessons in its second year.

All Stars is available in formats for delivery in schools as part of regular classroom instruction, and in after-school and community-based organizations and programs.

Contact Information:

Tanglewood Research
7017 Albert Pick Road, Suite D
Greensboro, NC 27409
Phone: 336-662-0090
Fax: 336-662-0099
Website: www.tanglewood.net

Cost:

- Facilitator Guides: \$100 to \$175/each
- Booster Facilitator Guides: \$35/each

- Parent CD: \$8.95/each
- Student Materials:
Teacher and Student are \$175
Community Manuals are \$140

Brief Strategic Family Therapy (BSFT)

***Intensive Strategy**

This program is an effective, problem-focused, and practical approach to the elimination of substance abuse risk factors. It successfully reduces problem behaviors in children and adolescents, 6 to 17 years, and strengthens their families.

The program fosters parental leadership, appropriate parental involvement, mutual support among parenting figures, family communication, rules and consequences, and shared responsibility for family problems.

Contact Information:

University of Miami
Center for Family Studies
1425 N.W. 10th Avenue
Miami, FL 33136
Phone: 305-243-4592
Website: www.cfs.med.miami.edu

Cost:

Training is \$2,000 per day, plus expenses for up to 30 participants
BSFT manual to be published by NIDA in spring, 2002

Creating Lasting Family Connections (CLFC)

***Universal Strategy**

***Selective Strategy**

***Indicated Strategy**

CLFC is a comprehensive family strengthening, substance abuse, and violence prevention curriculum that has scientifically demonstrated that youth and families in high-risk environments can be assisted to become strong, healthy, and supportive people. Program results, documented with children 11 to 15 years, have shown significant

increases in children's resistance to the onset of substance abuse and reduction in use of alcohol and other drugs. CLFC provides parents and children with strong defenses against environmental risk factors by teaching appropriate skills for personal growth, family enhancement, and interpersonal communication, including refusal skills for both parents and youth.

Contact Information:

Council on Prevention and Education: Substances, Inc. (COPES)
845 Barret Ave.
Louisville, KY 40204
Phone: 502-583-6820
Fax: 502-583-6832
Website: www.copes.org/products.htm

Cost:

Complete Training Package: \$1,474.75
CSAP Discount: \$1,224.90

Families and Schools Together (FAST)

***Universal Strategy**

***Targeted Strategy**

This program is a collaborative parent and school partnership, early intervention multi-family program for pre-school, elementary and middle school youth, ages 4 through 13, who are at risk for alcohol and other drug abuse, school failure, and juvenile delinquency. FAST builds protective factors on multiple levels around children identified by teachers as being at risk for failure in school. This program is an 8-week, multi-family group process structured to build social connections and reduce social isolation.

Contact Information:

Wisconsin Center for Education Research
University of Wisconsin- Madison
1025 W. Johnson St.
Madison, WI 53706
Phone: 608-263-4200
Fax: 608-263-6448
Website: www.wcer.wisc.edu/fast
Email: uw.wcer@education.wisc.edu

Cost:

Training for One School (6 days over 4 months) is \$3,900
Evaluation Cost (mandatory) is \$1,000
Implementation Costs are \$300 to \$2,000 per Family (varies due to local staff available)

Olweus Bullying Prevention

***Universal Strategy**

***Targeted Strategy**

This is a multilevel, multi-component school-based program designed to prevent or reduce bullying in elementary and middle schools (students 6 to 15 years old). The program attempts to restructure the existing school environment to reduce opportunities for bullying. School staff is largely responsible for implementing the program. Their efforts are directed toward improving peer relations and making the school a safe and positive place for students to learn and develop.

Contact Information:

Institute on Family and Neighborhood Life

Clemson University

158 Poole Agricultural Center

Clemson, SC 29634

Phone: 864-656-6320

Fax: 864-656-6281

Email: limber@clemson.edu (contact: Susan P. Limber)

Website: www.samhsa.gov/centers/csap/modelprograms/

Cost:

\$200 per school for Assessment Tool

\$65 per teacher for Classroom Materials

Positive Action (PA)

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

This is an integrated, comprehensive program that has been shown to improve academic achievement and behaviors of children and adolescents (5 to 18 years old) in multiple domains. It is intensive, with lessons at each grade level (from Primary to 12th) that are reinforced all day, schoolwide, at home, and in the community. It includes school, family, and community components that work together or can stand-alone. PA improves school climate, attendance, achievement, discipline, and services for special-need and high-risk students. Positive Action improves student's:

- Individual self-concept
- Academic achievement and learning skills
- Problem solving, decision-making, and social skills
- Physical and mental health

- Behavior, character, and responsibility

Contact Information:

Positive Action, Inc.
264 4th Ave. South
Twin Falls, ID 83301
Phone: 208-733-1328, 800-345-2974
Fax: 208-733-1590
Website: www.positiveaction.net

Cost:

Grade Level Kits: \$160 to \$460/each
Teacher Guide: \$45/each
Student Textbook: \$35/each
School Climate Kits: \$400/each
Family Kits: \$60/each
Community Kits: \$260/each

Preparing for the Drug Free Years

***Universal Strategy**

This is a multimedia program that gives parents of children in grades four through eight (8 to 13 years old) the knowledge and skills needed to guide their children through early adolescence. The goals of this program are:

- Strengthen and clarify family expectations for behavior
- Enhance the conditions that promote bonding in the family
- Teach skills to parents and children that allow children to resist drug use

Contact Information:

Channing L. Bete Company, Inc.
One Community Place
South Deerfield, MA 01373-0200
Phone: 877-896-8532, 800-477-4776
Fax: 800-499-6464
Website: www.channing-bete.com

Cost:

Complete packet of materials: \$695

Project SUCCESS (Schools Using Coordinated Community Efforts to Strengthen Students)

***Targeted Strategy**

***Intensive Strategy**

This program prevents or reduces substance use among high-risk, multiproblem high school adolescents. Developed and tested with alternative school youth (14 to 18 years), the program places highly trained professionals in schools to provide a full range of substance use prevention and early intervention services. Counselors use a variety of intervention strategies, including:

- Information dissemination
- Normative and preventive education
- Counseling and skills training
- Problem identification and referral
- Community-based processes
- Environmental approaches

Contact Information:

Student Assistance Services Corporation
660 White Plains Road
Tarrytown, NY 10591
Phone: 914-332-1300
Fax: 914-366-8826
Website: www.sascorp.org

Cost:

Training (5 days, includes materials and manual) \$375/per person
Materials: \$125/per manual

Project Toward No Drug Abuse (TND)

***Targeted Strategy**

***Intensive Strategy**

TND is a highly interactive program designed to help high school youth (14 to 19 years old) resist substance use. A school-based program, TND consists of twelve, 40-50 minute lessons that include motivational activities, social skills training, and decision-making components that are delivered through group discussions, role-playing exercises, videos, and student worksheets. Project TND teaches youth about increasing their coping and self-control skills to help them avoid substance abuse.

Contact Information:

Steve Sussman, Ph.D.
IRP-USC
1000 S. Fremont Ave., Unit 8

Alhambra, CA 91803
Phone: 626-457-6635
Fax: 626-457-4012
Email: ssussma@hsc.usc.edu

Training:
Fran Deas
Phone: 626-457-6634
Email: Deas@hsc.usc.edu

Cost:

Training (2 days), \$500/per day plus expenses
Teacher's Manual: \$70/each
Student Workbook (set of 5): \$60
Drugs and Life Dreams Video: \$40

High School Programs

Athletes Training and Learning to Avoid Steroids (ATLAS)

***Universal Strategy**

***Targeted Strategy**

ATLAS is a school-based program for male high school athletes, 13-19 years old. It uses team-centered dynamics and positive peer pressure and role modeling to reduce the use of steroids, alcohol, and other drugs. The curriculum is led by student athlete peers and facilitated by coaches. The 10-session curriculum is specifically scripted and contains interactive and entertaining activities.

Contact Information:

Sunburst Communications
1900 S. Batavia Ave.
Geneva, IL 60134
Phone: 800-321-7511
Fax: 888-872-8380
Website: www.sunburst.com
Email: support@nysunburst.com

Cost:

Program Kit: \$149.95
Ten Additional Athlete Packs: \$39.95
Universal, Targeted, or Intensive

Project TNT (Toward No Tobacco Use)

***Universal Strategy**

This is a school-based prevention project designed to delay the initiation and reduce the use of tobacco by middle school children. This program is delivered by trained teachers in classroom settings and has been used with students ages 10- 15 years old.

The theory underlying Project TNT is that young people will be best able to resist using tobacco products if they become aware of misleading social information, develop skills that counteract social pressure to use tobacco, and learn about the physical consequences of using tobacco.

Contact Information:

ETR Associates
PO Box 1830
Santa Cruz, CA 95061-1830
Phone: 831-438-4060
Fax: 831-438-4284
Website: www.etr.org

Cost:

Teacher's Guide: \$45/each
Student Workbooks (set of 5): \$18.95

Reconnecting Youth (RY)

***Targeted Strategy**

***Intensive Strategy**

This is a prevention program for students in grades 9 through 12 (14 to 18 years old) who are at-risk for dropping out of school. RY uses a partnership model involving peers, school personnel, and parents to deliver interventions that address the three central program goals of 1) decreased drug involvement, 2) increase school performance, and 3) decreased emotional distress.

Students work on these goals by participating in a semester-long high school class that involves skills training in personal control strategies, interpersonal communication, and how to make good decisions.

Contact Information:

National Education Service
304 W. Kirkwood Ave.

Bloomington, IN 47404
Phone: 800-733-6786
Fax: 812-336-7790
Website: www.nes.org

Cost:

Leader's Guide: \$179/each

Training guides: \$23/each

Prices for training vary depending on the number of people to be trained.

OSLC Treatment Foster Care

*** Intensive Strategy**

The Oregon Social Learning Center (OSLC) Multidimensional Treatment Foster Care program (MTFC) was developed as an alternative to institutional, residential, and group care placement for teenagers with histories of chronic and severe criminal behavior. In most communities, such juveniles are placed in out-of-home care settings prior to being sent to closed custody incarceration. On a continuum of care, MTFC is a relatively non-restrictive community-based placement that can be used in lieu of residential or group care or that can be used for youth transitioning back to the community from such settings. MTFC is less expensive than placement in group, residential care or institutional settings.

Contact Information:

Oregon Social Learning Center
Community Programs
160 East 4th Avenue
Eugene, OR 97401
Phone: 541-485-2711
Fax: 541-485-7087
Website: www.oslc.org

Cost: (negotiable)

Brief Strategic Family Therapy (BSFT)

***Intensive Strategy**

This program is an effective, problem-focused, and practical approach to the elimination of substance abuse risk factors. It successfully reduces problem behaviors in children and adolescents, 6 to 17 years, and strengthens their families.

The program rosters parental leadership, appropriate parental involvement, mutual support among parenting figures, family communication, rules and consequences, and shared responsibility for family problems.

Contact Information:

University of Miami
Center for Family Studies
1425 N.W. 10th Avenue
Miami, FL 33136
Phone: 305-243-4592
Fax: 305-243-5577
Website: www.cfs@med.miami.edu

Cost:

Training is \$2,000 per day, plus expenses for up to 30 participants
BSFT manual to be published by NIDA in Spring, 2002

Creating Lasting Family Connections (CLFC)

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

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Cost:

Complete Training Package: \$1,474.75
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Leadership and Resiliency Program (LRP)

***Targeted Strategy**

***Intensive Strategy**

This is a school- and community-based program for high school students (14 to 17 years old) that works to enhance youths' internal strengths and resiliency, while preventing involvement in substance use and violence. Program components include:

- Resiliency Groups held at least weekly during the school day
- Activities including rope courses, kayaking, camping, and hiking
- Community Service where youths participate in community- and school-focused projects

Contact Information:

Fairfax-Falls Church Community Services Board

Alcohol and Drug Services

3900 Jermantown Road, Suite 200

Fairfax, VA 22030

Phone: 703-934-5476

Fax: 703-934-8742

Website: www.co.fairfax.va.us/service/csb/homepage.htm

Cost:

Curriculum: \$100/downloaded version; \$150 hardcopy version

Training: Four-day Training @ \$3,200 plus transportation and meals

Positive Action (PA)

***Universal Strategy**

***Targeted Strategy**

***Intensive Strategy**

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